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Facebook reaction

Hundreds of Facebook comments were posted to a page dedicated to the release of Amanda Lindhout, immediately after her release.

- Amanda Jackson Eveson: Extremely wonderful news. Alberta is waiting for you Amanda.
- Eva Manasieva-Singh: it is confirmed :) gosh! So hap-
- Martin Adams: Yes, Amanda has been freed!!!

News on the Maye

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the top of pa 3



Gift Guide pg 19

Ideas for vour



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Lindhout freed

Albertan says captors tortured her in Somalia

Canadian journalist Amanda Lindhout, freed after 15 months of captivity in wartorn Somalia, said vesterday she was isolated, beaten and tortured, and dreamed of walking through Vancouver's Stanley Park to stay sane and not lose hope.

"My day was sitting on a floor in a corner, 24 hours a day for the last 15 months, Lindhout said in an interview with CTV from the Somali capital Mogadishu.

"There were times I was beaten, I was tortured," said the freelance journalist, her voice breaking, as she described her days in a dark, windowless room. "It was an extremely, extremely difficult situation."

Lindhout, from Sylvan Lake in central Alberta, and Australian photographer Nigel Brennan were kidnapped Aug. 23, 2008. Somali officials said they were

Ransom

 Regarding a ransom, Calgary-based counterterrorism expert Daniel Clayton told Metro yesterday it "was definitely paid. The funds used were from charitable organizations and fundrais ing efforts from family and friends." He added reports suggest private companies have contributed cash to secure Lindhout's release.

METRO CALGARY

released yesterday, 459 days after their ordeal began.

Lindhout's captors had demanded a ransom anywhere from \$1 million to \$2.5 million US during the ordeal. Some published reports said \$1 million was paid, but didn't say by whom.

In Somalia, one police spokesman said, on condition of anonymity, that

\$700,000 US was paid.

The 28-year-old freelance journalist had worked as a TV reporter in foreign hotspots such as Africa and Iraq, when she went to Somalia — a poor, war-torn land on the Horn of Africa - on Aug. 20, 2008, to work for a French TV chan-

Three days later, she and Brennan were grabbed by armed gunman.

Lindhout said she believes her captors will have no trouble slipping into the ob-scurity of Somalia's lawless underworld

THE CANADIAN PRESS

> Amanda Lindhout

Timeline of events in journalist's captivity

What happened over the 15-month captivity of Canadian journalist Amanda Lindhout.

Aug 23, 2008: Lindhout is abducted along with Australian freelance photographer Nigel Brennan, Somali guide and reporter Abdifatah Mohammed Elmi and two Somali drivers.

Aug 26 Media freedom advocacy group Reporters Without Borders says Lindhout and her fellow abductees have not been harmed and are being kept in acceptable conditions.

Sept. 3 Media reports emerge that government officials have made contact with the kidnappers and that negotiations have be-

Sept. 8 Reporters Without Borders says abductors are demanding a \$2.5-million US ransom.

Oct. 13 Kidnappers reportedly tell an Iranian news correspondent that Lindhout and Brennan will be killed if the ransom is not paid within 15 days.

Jan. 16, 2009: National Union of Somlai Journalists says Elmi and two Somali drivers are released.

June 10 CTV reports re-

ceiving a call from Lindhout, during which she says she is being held in chains in a windowless room.

Aug. 22 Lindhout and Brennan families issue a joint statement to mark one year since the kidnapping.

Nov. 25 Lindhout and Brennan are freed in Mogadishu. THE CANADIAN PRESS



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Local



East Coast comedy at Festival Place

Join the Dance Party of Newfoundland, the hit sketch comedy group for a night of laughs at Festival Place. Tickets for the show on Dec. 11 at 7:30 p.m. are available at Ticketmaster or the Festival Place Box Office. Their amour is delightfully East Coast, but their irreverent comedy is never lost in translation. METRO EDMONTON



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Edmonton tweets

- @ pawsup Put a nice dent in my Xmas shopping list last night at the West Edmonton Mall. Haven't been there in so long. #yeg
- @ oldmanppi This is a really weird question, but I can't search it at work... Where can I find fancy male underwear in #yeg? (For a party, I swear)
- @ erinPre COMM B'LD-ING: supporting a #yeg NFP: Collecting gently-used children's clothing and items (ages 0-3 yrs). PLS DM me w q's or 2 contribute.

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Blogs Backbeat gives props to his Top 10 Unsung **Guitar Heroes**



Lotteries 5, 10, 16, 19, 33 & 47 Bonus 24 Lotto 6/49: These results are not official

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Warning over water

Groups worry Alberta may allow more for-profit sales

Environmental groups say they are worried that Alberta may allow more of its dwindling fresh water supply to be sold for prof-

it.

The groups, including the Sierra Club of Canada, were responding to recommendations in reports tabled this week by three government-appointed advisory committees.

One report recommends the government should allow corporations and individuals with water licences throughout the province to sell part of their water allocations to other users. Such for-profit transfers are now only allowed in parts of southern Alberta.

"This is Canada's first water market, and we are moving down a potentially dangerous path of the deregula-

Warrants issued

for sex offender

and 209

pounds

hair and

Anyone

with brown

brown eyes

with infor-

mation on

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Jonathan Bruce

"This is Canada's first water market, and we are moving down a potentially dangerous path of the deregulation of that market."

Lindsay Telfer, Sierra Club

tion of that market," Lindsay Telfer, a Sierra Club spokeswoman, said yester-

"Decisions have come around to who can pay the most for water and not where we as a society need it or want it to go."

There needs to be plenty of public debate before the province makes changes to its water-management policies, she added.

Telfer also *questions* whether most Albertans would favour a system where water would be allocated based on the thickness of someone's wallet.
"Would a small farmer.

for example, be competing to buy water over some large-scale industrial use?" she said.

Alberta Environment Minister Rob Renner has said the province's water policy needs to be over-hauled and hopes the public will respond to the reports.

government said 'public engagement" on the policy is a second the policy is expected to begin next summer, but it is not clear if that will include public hearings or meet-

THE CANADIAN PRESS Man's body found in alley

VICTORIA HANDYSIDES victoria.handysides@metronews.ca

fender Darwin Jonathan Bruce, 24. Warrants for his arrest have been issued for **CRIME** Homicide detectives failing to comply with a have launched an investigacourt order to register with tion after a man's bloodied the National Sex Offender body was found lying in an Registry alley early yesterday morn-He is five ing. foot eight

Police were called to an alley off 127 Street and 199 Avenue, where the body was discovered by a passing pedestrian around 2:45 a.m.

"We're just trying to piece everything together," EPS homicide Det. Bill Clark said. "There is blood at the scene, but we can't dwell on the extent of the injuries until the autopsy."

The victim, a white adult male, was found lying faceup and wasn't wearing a jacket.

Few leads have surfaced from neighbours, Clark said, adding no suspicious activity was reported in the area around the time the body was discovered.

'We did a bunch of doorto-doors and it was pretty slow and quiet in the neighbourhood last night," he said.

The cause of death has not yet been released, though police said an autopsy scheduled for yesterday afternoon may shed more light on how the man

If ruled a homicide, the incident will mark Edmonton's 25th murder of the Concert Jann Arden



Jann Arden performs the first of two shows at the Northern Alberta Jubilee Auditorium last night to promote her new album Free. Tickets are still available for tonight's show.

Suspicious death in Strathcona

CRIME The mysterious death of a 48-year-old woman is the subject of a Strathcona County RCMP investigation following her sudden passing at a rural gas station last week.

Emergency crews were called to Country Boyz Temno on Wye Road and Range Road 214 last Friday around 6 p.m.

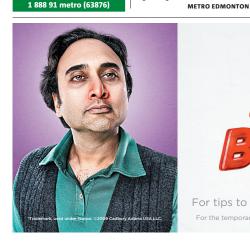
Though paramedics and a family member attempted to revive the woman, she died on scene.

Store staff said vesterday they knew little about the incident.

An autopsy was conducted Monday, but the cause of death has not been released, nor has the victim been publicly identified.

Police have been scouring the victim's rural home in hope of uncovering information that will answer questions surrounding the suspicious death.

> VICTORIA HANDYSIDES/ METRO EDMONTON





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metro

Thursday, November 26, 2009

Stay off ice, city warns residents

The City of Edmonton has issued a warning to citizens reminding them to stay office, as it is not yet safe to walk on, skate on or drive across. METRO EDMONTON

Climate change sit-in staged at MP's office

CANDICE WARD for Metro Edmonton

Only nine petty trespassing fines were handed out to the group of about 16 protesters who staged a peaceful sitin at Labour Minister Rona Ambrose's Edmonton constituency office on 170 Street yesterday.

The group of concerned citizens, armed with sleeping bags and megaphones, set up inside and outside the office, demanding action from the federal government against climate change. "We are here to stand up and say it is time to take some action," said protester Keely Kidner. With the UN Climate

Change Conference set to begin Dec. 7 in Copenhagen, the group has contacted MPs and held rallies, flash mobs, and phone-ins in an attempt to stir change.

A similar event took place Calgary on Monday, which saw protesters occu-



Protesters staged a peaceful sit-in yesterday in and outside of Labour Minister Rona Ambrose's Edmonton constituency office on 170 Street to draw awareness to climate change.

erving the Bo

Environment Minister Jim Prentice's office.

Ambrose did briefly to the group via telephone from Ottawa, but it was not the response the group was looking for.

She was not able to give us a very favourable response so we are still here," said Kidner.

Although the sit-in ended peacefully after seven hours and some police negotiations, the protesters remain enraged. "We have been partying on fossil fuels for the last 60 years and now we trashed the house and we are about to ... let the kids clean it up," said protester Martin Tweedale.



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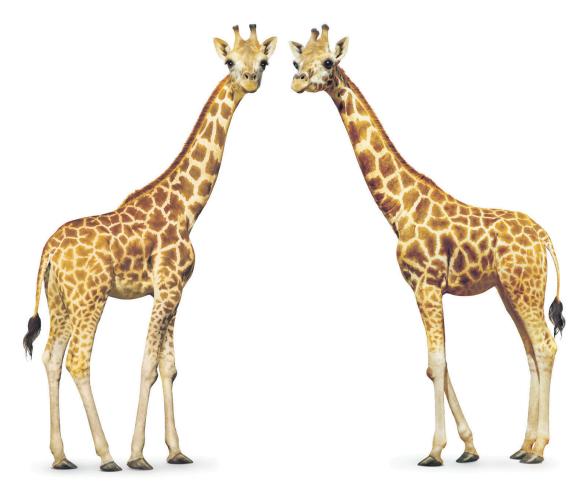
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9624 165th Ave. 12714 137th Ave. 13034 50th St.

South

5912 104th St. 10309 34th Ave. 5926 99th St. 8708 51st Ave.

St. Albert

St. Albert Centre 30 – 200 St. Albert Rd. 20 Muir Dr.

Fort Saskatchewan

9542 86th Ave.

Leduc

112 - 5906 50th St. 5205 50th Ave.

Sherwood Park

Sherwood Park Mall 162 – 26 Strathmoor Dr. (Road King) Spruce Grove

Westland Market Mall 30 – 96 Campsite Rd.

P.E.I. looks to pass bill to allow tobacco lawsuits

A bill has been introduced in the Prince Edward Island legislature that would allow the province to sue tobacco companies for past health-care costs related to the product's use. THE CANADIAN PRESS

Canada



Family wants Douglas file released

The family of Canadian icon Tommy Douglas is urging the government to make public RCMP intelligence on the socialist firebrand and father of medicare, while an expert calls it ludicrous to claim any national security grounds to keep them secret. Actress Shirley Douglas, left, says she and her family believe the decades-old RCMP Security Service files should be turned over to a journalist who requested them four years ago. THE CANADIAN PRESS

Hillier calls Colvin's claims 'ludicrous'

Former general blasts torture allegations

Canada's former top soldier has blasted claims by diplomat Richard Colvin that the military handed over Afghan prisoners to face torture despite warnings, calling the allegation "ludicrous."

A bristling Rick Hillier, mixing indignance with folksy charm, told a special Commons committee yesterday that reports from Afghanistan in 2006 never mentioned that prisoners were at risk of torture.

But the dust from his testimony hadn't even settled before contradictions began to emerge.

Uncensored versions of Colvin's reports began cir-

Victims

Hoping to give future Canadian torture victims a chance to seek redress on local soil, Liberal MP Irwin Cotler will table a private member's bill Thursday that would make it possible for them to sue their ex-captors in Canadian civil courts.

culating last night that said the International Committee of the Red Cross, the agency trusted by nations to observe prisoners of war, was named in e-mails to Ottawa as ex-pressing "alarm" about conditions within Afghan

The references were particularly stark in one memo written by the diplomat on June 2, 2006.

An official who's seen Colvin's e-mailed reports conceded that the Red Cross was "really pissed THE CANADIAN PRESS

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Torture whistleblower Richard Colvin's colleagues in D.C. hail the former diplomat's bravery. Scan this barcode for the full story

Ottawa Welcome home dad



Julie, 3, hangs on to her dad Master Warrant Officer Sean Gardner upon his arrival from a 10-month tour in Afghanistan at Ottawa International Airport yesterday.

News in brief

COUNTERFEIT Police arrested alleged members of a large counterfeiting ring in Ontario and Quebec yesterday that produced high-quality, fake government ID cards.

SWINE FLU There have been 24 confirmed cases of a type of severe allergic reaction called anaphylaxis in Canadians who have received an H1N1 flu THE CANADIAN PRESS

RCMP looks into video tampering

TASER The RCMP public complaints commissioner will look into an allegation that officers may have tampered with video evidence in the 2003 death of a B.C. man who was jolted by a Mountie Taser

Paul Kennedy, chairman of the Commission for Public Complaints Against the RCMP, has undertaken an investigation of all RCMP in-custody deaths in Canada from January 2001 to January 2009 where Tasers were used. Among them is the July 2003 death of Clayton Alvin Willey, who died en route to hospital after his July 2003 arrest in Prince George, B.C.

Kennedy will expand his review of Willey's death to include RCMP video of his

THE CANADIAN PRESS

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Cakes





Next year has been declared the Year of the Inuit, CBC News Online reports. Inuit Tapiriit Kanatami president Mary Simon said she wants to raise awareness of the challenges Inuit face in Canada. The organization represents Canada's four Inuit regions. METRO NEWS SERVICES

Owning a home is costing you more

ECONOMY The cost of home ownership went up in Canada for the first time in 18 months, the Royal

Bank reports.
And tight supply and strong demand are expected to keep prices high go-

ing forward in 2010. Consumers planning to buy houses should take note that the current low interest rates aren't going to hold indefinitely, senior economist Robert Hogue said yesterday.

"Families and house-holds that are considering making the leap have to be mindful that, yes, there are very attractive interest rates right now but it's not going to remain at this level forever," he said.

Costs rose for the first time since the spring of 2008 due to a rise in mort-gage rates and higher property values.

THE CANADIAN PRESS

Labour Sid Ryan takes over the powerful OFL



Union leader Sid Ryan has been a polarizing figure in provincial politics — but as the new president of the Ontario Federation of Labour, he says he comes to Queen's Park in peace. Ryan, 57, who was acclaimed as president in Toronto yesterday, says he wants to work with the Liberals on building a "green" economy and repairing the province's gutted manufacturing sector.

Lawsuits filed over drop-side cribs

RECALL Class-action lawsuits have been filed across Canada on behalf of consumers who bought dropside cribs now subject to a North American recall.

The action seeks a full

refund for consumers who bought the cribs made by Stork Craft Manufacturing of Richmond, B.C.

The suits also name Fisher-Price, Sears Wal-Mart.

The recall covers more than 2.1 million cribs and comes after at least 15 infants, including three in Canada, were trapped in the drop-side part of the product. THE CANADIAN PRESS

Torture spin failed: Poll

Canadians aren't buying the Harper government's assertion that there's no credible evidence Afghan detainees were tortured, a new poll suggests.

And a pollster says the results suggest the government's strategy of attacking whistleblower Richard Colvin's credibility has backfired badly.

Indeed, The Canadian Press Harris-Decima survey indicates Canadians be-lieve Colvin's claim that all prisoners handed over by soldiers . Canadian Afghan authorities were likely abused.

They also think government officials were well aware of the problem.

"You don't need to be a rocket scientist or a pollster to know that there's something unseemly about taking an allegation that appears to be heartfelt and twisting it around and throwing it back in someone else's face," Harris-Decima chairman Allan

"There's something unseemly about taking an allegation that appears to be heartfelt ... and throwing it back in someone else's face."

Pollster Allan Gregg

Gregg said. He said the government would've been better advised to take Colvin's allegations "under advisement" rather than vilifying him as "a nutbar or a rogue kind of dupe of the

In the poll, 51 per cent said they believe Colvin's testimony to the committee last week.

In stark contrast, only 25 per cent said they believe government's contention that the diplomat's claims are flimsy and not credible. THE CANADIAN PRESS



A rare Siberian tiger that Vladimir Putin fitted with a radio-tracking collar is alive and well, the Russian prime minister's spokesman yesterday. Putin drew worldwide publicity in 2008 when he shot the five-year-old female with a tranquilizer gun and helped place a transmitter around her neck. Visitors to his website could follow the animal's prowlings through Russia's Far East. THE ASSOCIATED PRESS

World



Deadly floods pound South America

Officials say flooding from heavy rains has killed 12 people in three South American nations and forced more than 20,000 to flee their homes. Most of the dead are in southern Brazil. Sustained stormy weather has saturated the region and caused the river between Uruguay and Argentina to overflow its banks. Government agencies report that 10,000 people have been evacuated in Brazil, along with 8,000 in northeastern Argentina and 4,000 in Uruguay.

THE ASSOCIATED PRESS

News in brief

FRANCE What does it mean to be French? That's the thorny question the government is putting to its people in what's being billed as a "Great Debate" — set against a backdrop of smouldering unrest in immigrant-heavy suburbs, a movement to ban full Muslim veils, and questions over whether France's identity is vanishing in a complex world. All French citizens are invited to participate in the series of meetings organized by the government across the country, lasting through Jan. 31. **CONGO** One of Africa's most brutal rebel movements relies on a vast, international network of supporters in at least 25 countries, a UN report said. The findings show that the network of people help rebels in Congo buy arms and transfer money. The conclusions were slated to be discussed by the UN Security Council yesterday.

THE ASSOCIATED PRESS

Charges on eve of Mumbai anniversary

Pakistan charged seven men in last year's Mumbai attacks yesterday, its first indictment in a case being monitored by India and the United States to see if Islamabad makes good on promises to bring those responsible to justice.

Despite a crackdown in the months following the attacks, analysts say Lashkar-e-Taiba, the Pakistani militant group blamed for the three-day assault on the financial centre that killed 166 people, remains active and largely untouched by Pakistani authorities.

The Mumbai attacks halted a slow-moving peace process between Pakistan and India — which have

fought three wars since gaining independence from Britain in 1947 aimed at resolving their core dispute over Kahsmir, which they both claim. India says Pakistan must crack down on militants before talks can resume.

The charges were announced in a closed door court located inside a highsecurity prison near the

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Police investigating Philippine election convoy massacre. Scan this barcode for the full story. Learn how to scan the barcode with the instructions at the top of pg 3

Surviving gunman

• India is currently trying the lone surviving gunman, Ajmal Kasab, who also faces the death penalty.

capital Islamabad, on the eve of the first anniversary of the attacks. A judge adjourned proceedings until Dec. 5, when prosecutors will present their opening arguments.

Late yesterday, Indian Prime Minister Manmohan Singh, who was in Washington, said the planners of the attacks are still free in Pakistan and issued a stern warning to punish the masterminds.

THE ASSOCIATED PRESS

Saudi Arabia Journey to Mecca



Muslim pilgrims attend the hajj walk on flooded streets during heavy rains near Mecca, Saudi Arabia yesterday. The heaviest rainstorms to hit Islam's annual hajj in years soaked pilgrims and flooded the road into Mecca and Jiddah, snarling traffic as millions headed for the holy sites.















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Group posts 9-11 texts

Authenticity of messages from fateful day unconfirmed

An activist group has begun posting 573,000 pager messages purportedly sent on Sept. 11, 2001. from "Second World Trade Center tower collapses" to "I'm ok&love уои..хохохохохохохохох

The group, Wikileaks, says some of the messages were sent by federal and local officials, but most appear to be from regular people, including frantic New Yorkers trying to reach loved ones in and around the World Trade Center

Wikileaks was posting the messages for most of the day yesterday and expected to finish early Thursday.

The messages range com "DO NOT GET ON HE PATH TRAIN...THE from WORLD TRADE CENTER IS ON FIRE" to "President has

No comment

 New York City's police and fire departments said they could not confirm that any of the messages were actual department communications. The Port Authoritv of New York and New Jersey, the U.S. Secret Service and the Federal Emergency Management Administration declined to comment on the messages.

been rerouted wont be returning to washington but not sure where he will go.'

Some are unrelated to the terrorist attacks: "Paul, Jerry and I feel that we can expect around 200 people for the Pig Picking. Call if you want to. Keith

Wikileaks says its goal is to promote transparency by putting leaked documents online. Its repository includes manuals, lawsuits and numerous government documents

Daniel Schmitt, a Wikileaks spokesman from Berlin, said the pager messages were submitted to the site anonymously several weeks ago.

"From the context infor-

mation that the source provided we have strong reasons to believe that this is valid data," Schmitt said.

Schmitt said publishing the messages "is one more building block to getting a full picture of what happened on that day." He noted that none of the messages appear to lend credence to conspiracy theories that suggest the U.S. government was behind the attacks or had advance knowledge of them.

THE ASSOCIATED PRESS

El Salvador Marching against violence



Women in body paint march in protest of violence against women in the El Salvadoran capital of San Salvador yesterday. Hundreds of people marched in honour of International Day for Elimination of Violence against Women.

Weather clips wings of flight

MOROCCO A Swiss adventurer trying to soar from Mo-rocco to Spain on jet-powered wings has ditched safely into the Atlantic after hitting turbulence and clouds so thick he could not tell if he was flying up or down.

The bad weather rather than a mechanical malfunction, as reported earlier by the project's sponsors — thwarted Yves Rossy's bid yesterday to become the first person to achieve such an intercontinental crossing.

Rossy waved from the cold blue sea while awaiting rescue, his red wing and striped parachute floating beside him. In time, a rescuer helicopter winched him from the wind-swept waters to safety.

"I am still here — a little bit wet but I am still here," told a news conference after undergoing a medical checkup, still wearing his red and white flying suit. "I did my best," he said.

Rossy took off from Tangiers, but a few minutes into what was supposed to be a 15-minute flight he van-ished from TV screens providing live footage from planes and choppers accompanying him. For 10 minutes, no one knew where he THE ASSOCIATED PRESS

News in brief

COLOMBIA A Colombian court has convicted a retired army general of murder and sentenced him to 40 years in prison for his role in a notorious 1997 massacre by far-right militias. The sentence of ex-Gen. Jaime Humberto Uscategui is the most severe imposed on a senior Colombian officer in a case of collusion with right-wing death squads. OHIO About 35 pipe bombs, an

assortment of firearms, hundreds of rounds of ammunition were found in a former doctor's apartment following two loud explosions, police said yesterday.

THE ASSOCIATED PRESS





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Publisher, Steve Shrout Managing Editor, Harry Hodge

Sales Manager, Cheryl Skogg Distribution Manager, Jim Hillman METRO CANADA Group Publisher, Bill McDonald Assoc Managing Editor, Tarin Elbert Enter/Lifestyle Editor, Dean Lisk Asst Managing Editor, Amber Shortt Art Director, Laila Hakim National Sales Director, Peter Bartrem Interactive/Mrktng Director, Jodi Brown

Comment & Views

Comment

The workplace romance ... at home



dropped in on an old friend who, since I'd last seen him, has not only gone into business for himself. but is working with his wife. Couples who

can manage to do this sort of thing fascinate me.

So I asked him, "How is she as a co-worker?"

"She's great," he replied. What else is he going to say?

Working with someone with whom you're already entangled is the reverse of the workplace romance as we usually know it. Instead of watching a lover emerge from a stranger, you watch a stranger of sorts, a professional self, emerge from

That's exciting, sure, and many couples' complaints won't be yours anymore. You'll certainly see enough of each other, be more involved in each other's lives. but we should always be careful of what we wish for.

Is your attachment strong enough to survive a highly personal office brand of politics? What happens to your relationship — or your business — when one or the other fails? The exit interview could be remarkably unpleasant. How do you make your partnership more Naomi Klein and Avi Lewis, less Ike and Tina Turner?

Times like these, in which jobs evaporate and self-employment beckons, tempt more couples to experiment with working together. It's been tried often enough that there are countless how-to articles, written by successful power couples, usually with lists of

Alas, since these are relationships after all, everybody's rules are different, and often contradictory. What happens at work stays at work," advises one guru. "What happens at

home stays at home."

Another warns, "Don't separate work from the rest of your life ... The idea that 'work time' and 'time off' are separate is a false distinction?

Thanks for clearing that

up, gurus. I've never tried this particular setup myself (I prefer to be the one listening to the complaints about work than the subject of those complaints) but I've seen many couples do it with style. Unsurprisingly, they tend to be married. Any marriage, after all, is already a de facto small busi-

Steve Collins offers his best guesses on relationships for Metro every two weeks

Views

Gender studies support crucial lessons



As many women do in university, I took women's studies classes. I remember in one mostly female class the teacher asked who was feminist; my hand was among a few that went up. But in class discussions, my classmates' thoughts on gender roles or reproductive rights made it clear that's exactly what they are.

It's an apt example of how necessary gender studies are; that young adults can dismiss feminism as radical yet recognize the cornerstones of the movement is evidence of this.

Fortunately, two initiatives are underway to change that.

Ontario's education ministry announced earlier this month that a gender studies class would be offered beginning in September 2011 - a crucial lesson for young men and women just starting to learn how to relate to one other.

Shameless Magazine, a Canadian feminist magazine, has launched free weekend workshops on journalism for teen girls called Shameless Wire. By teaching them the fundaof the mentals trade, Shameless hopes to introduce more voices to tell the story of our diverse society. As it is, degrees and un-

paid internships are practically prerogatives to be-come a journalist, limiting the field to those who can pay their way in. Women comprise the majority of the incoming talent pool (two in three journalism students are women, according to a 2003 U.S. study), but men hold 65 per cent of supervising positions at newspapers, a 2006 study says.

Perhaps the simplest, most important reason is this: "Very few other industries would consider this kind of model acceptable," said Allison Martell, one of two women who created Shameless Wire. "It's not because I think we need to be a token, I just think we're going to have the best workforce if we make sure it's open to everyone.

The lesson holds true outside the newsroom, too. What we absorb in our daily lives shapes our identities. As Emily Gould wrote on moreintelligentlife.com:

"Women have not yet come so far that we can shrug off worries about being misrepresented."

My hope is these two programs will offer a lesson not to just young adults, but to all of us: There is nuance in the world, and by acknowledging it, we're better for it.

Canice Leung is a former editor of Ryerso University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

STEPHEN HARPER REITERATES THE CANADIAN GOVERNMENT'S POSITION ON GLOBAL WARMING:



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Two European firms split Nortel's GSM business units

Sweden-based LM Ericsson and Austrian company Kapsch CarrierCom have been selected to jointly purchase the GSM wireless technology business auctioned off by Nortel Networks Corp., which has accepted a joint bid worth US\$103 million. THE CANADIAN PRESS

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Russia has eyes for loonie

The Canadian dollar shot closer to parity with the U.S. dollar yesterday after the Russian central bank said it is preparing to invest in the loonie and diversify away from the American greenback.

The Russian bank said it plans to invest some of its foreign exchange reserves in Canada's currency to diversify its portfolio and reduce dependence on the U.S. dollar.

Meanwhile, the U.S. dol-

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lar slid to a 15-month low against the euro and to its weakest level against the yen since January.

A Canadian market that

has fared better than many during the recession, and a sluggish U.S. economy, make Canada an ideal investment for banks looking to diversify their investments away from U.S. dollar reserves, the staple reserve currency in most countries, said Steven But-

change at Scotia Capital. Russia's is not the first central bank to diversify into the Canadian dollar. there has also been inter-

ler, director of foreign ex-

est in Latin America and Asia, he added.

"The Canadian economy has weathered the storm much better than a lot of other countries and Canada seems like a pretty logical place to diversify, especially the way the commodities have been climbing higher and the way the Canadian dollar has weathered the storm." The size of investment in the loonie has not been confirmed.

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Business profits rise 7.9% in Q3

CORPORATE Canadian corporations earned \$54.1 billion in operating profits in the third quarter, up 7.9 per cent from the previous quarter after three quarterly declines.

Profits in the non-financial industries increased 10.4 per cent to \$41.7 billion. Profits in the financial industries were relatively flat. Overall gains were widespread, as 18 of 22 industries reported higher profits. Together, profits for oil and gas, and petroleum and coal increased 20.4 per cent to \$5.9 billion, marking their first increase in four quarters.

THE CANADIAN PRESS

Business in brief

COURT Newsprint giant AbitibiBowater's cost savings efforts took a step forward yes terday after two Quebec judges endorsed changes that will save the insolvent company nearly \$5 million a year. They include the sale of a pulp and paper mill in Quebec.

THE CANADIAN PRESS

Business buzz 'Tis the season



South Korean children wearing Santa Claus outfits wait yesterday to participate in a special event to promote business at the Time Square in Seoul, South Korea. South Korean companies are taking advantage of Christmas to promote their business amid weak sales and economic slowdown.

Shareholders vote 99% in favour of EnCana split

EnCana Corp.'s plans to split itself into two separate companies received such overwhelming support from shareholders yesterday even the company's chief executive was caught a bit off guard.

Randy Eresman, who is to head up the unconvention-

al natural gas-focused company that will emerge from the split, told reporters he knew major shareholders supported the transaction. What he didn't expect

was a near-unanimous vote - at least 99 per cent — in favour of the split at a special shareholder meeting in

Calgary yesterday.

"It's kind of unheard of in any transaction," Eresman said in a news conference.

EnCana first announced its split plans in May of 2008, but in the depths of the recession decided to put the transaction on hold.

THE CANADIAN PRESS



metro

Allen Iverson is set to retire from the NBA, according to an online report by Stephen A. Smith. THE ASSOCIATED PRESS

ports

EDITOR: DON.MCHOULL@METRONEWS.CA

NHL Kings best Oilers



Edmonton Oiler Andrew Cogliano fights with the Los Angeles King Brad Richardson during first period NHL action in Edmonton last night. The Kings won 3-1. For a complete game recap, visit metronews.ca/sports.

Riders fan now an

GREY CUP PREVIEW

Roughriders vs Alouettes



It will be all business for Scott Flory when he lines up in the Grey Cup game against the team he rooted for as a child.

The all-star guard for the Montreal Alouettes was born and raised in Regina, was technically a Roughrider for a short spell in 2004 although he never wore the green and white. And now the 32-year-old will be banging helmets with Roughrider defensive linemen when the teams meet in the Grey Cup game for the first time on Sunday at McMahon Stadium (TSN, 4:30 p.m).

"How could you not be growing up in Regina?" Flory said yesterday of growing up a Riders fan. "That's all I knew.

"But I'm an Alouette and I love it. I wear that little lark

on my chest proudly.' Green-clad fans from neighbouring

Saskatchewan are expected to invade Calgary to see their team vie for a second Grey Cup in the last three vears. With the passion Saskatchewan has for its team, Flory knows they'll be noisy.

"It's like the Habs mentality in Regina, that's how I'd describe it to Montreal," he said. "The Habs are every-thing to Montreal, right?" THE CANADIAN PRESS

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Sports updates on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

SCOREBOARD

YESTERDAY'S RESULTS

Toronto 4 Tampa Bay 3 Los Angeles 3 EDMONTON 1 New Jersey 3 Ottawa 1 Pittsburgh 3 Montreal 1 Atlanta 2 Detroit 0 Boston 2 Minnesota 1 (SO) Nashville 4 Colorado 3 (OT) Ny. Rangers 2 Florida 1 (SO) Philadelphia 2 NY. Islanders 1 St. Louis 4 Oblas 3 (SO) Washington 2 Buffalo 0 Chicago at San Jose N

Charlotte 14 Forum 8 as Boston 13 Philadelphia 10 Ceptered 48 Boston 13 Philadelphia 10 Ceptered 48 Boston 88 Bollas 19 o Houston 99 Denver 124 Minnesda 11 Indiana 86 LA. Clippers 73 Mamin 99 Orland 604 See 99 (07) San Antonio 13 Golden State 104 Memphia at Phoenix New Orleans 102 Milwaukee 99 (07) San Antonio 13 Golden State 104 Memphia at Phoenix New York at Sacramento New Vork at Sacramento New Jersey at Portland

Sports in brief

SOCCER Five clubs in Albania, Latvia, Slovenia and Hungary were named as suspects in European football's biggest match-fixing investigation, UE FA said yesterday. The European football body identified the clubs as KF Tirana, FC Dinaburg, KS Vilaznia, NK IB Ljubljana and Honved and said they allegedly fixed seven games in the Champions League and Europa League TENNIS Rafael Nadal fell out of contention for a spot in the semifinals at the ATP World Tour Finals with a second straight defeat, losing 6-1, 7-6 (4) yesterday against Nikolay Davydenko. Earlier, Robin Soderling became the first player to reach the semis of the season-ending tournament by

beating Novak Djokovic. Earlier, Robin Soderling became the first player to reach the semis of the season-ending tournament by beating Novak Djokovic 7-6 (5), 6-1. NFL Two-time Super Bowl winner Mike Shanahan has met with the Buffalo Bills to discuss their head coaching vacancy, according to a published report. ESPN.com reported yesterday that Bills chief operating officer Russ Brandon travelled to Denver and spent seven hours meeting with Shanahan SOCCER Real Madrid, AC Milan and Marseille remain locked in a battle to advance from the same group after not a single team clinched qualification in the Champions League yesterday METRO NEWS SERVICES

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If you're out shopping and need a pick-me-up, why not go for one of these holiday lattes from Starbucks? Flavours include Peppermint Mocha, Gingerbread, and Caramel Brulée. Five cents US from the sale of every latte will be donated to RED on Dec. 1. METRO NEWS SERVICES



Shopping Guide

Shoot to thrill with cameras From DSLRs to camcorders, there's something for every photographer on your list

RAFAEL BRUSILOW for Metro Canada

A picture truly is worth a thousand words so snap away this holiday season with some of Metro's best picks for photographic

Samsung ST550 \$399.99

If you love hanging out with friends but hate hav-

ing those selfportrait group shots turn out skewed with

people cut out, the ST550 camera is for you. As the world's first dual-LCD camera, ST550 places a second 1.5inch LCD screen on the front, lens-forward part of the camera to let you see exactly how you're framing your self-portrait. You'll also notice there are no buttons on the back of the camera, which is taken up entirely by a huge 3.5inch touch screen that lets you take and edit your photos using just your finger. With 12.2 megapixels, image stabilization and smart face recognition to boot, this is one cool cam-

Nikon D3000 w/ 18-15mm VR lens \$639.95

A killer rig for the enthusiastic

amateur photographer, Nikon's D3000 is the premiere entrylevel Digital SLR camera on the market. Don't let the entrylevel tag fool you though, there is nothing stripped down or feature-famished about this model. With an 11-pt autofocus, large DX format sensor, threeinch LCD monitor

and coming with ver-

satile 18-55mm VR lens (VR stands for Vibration Reduction, Nikon's version of image stabi-lization) this is

way more camera than you should be getting for the money. For real DSLR first-timers, the camera sports a powerful guide mode to help teach you not only all the ins and out

of the camera, but the most crucial ples of DSLR phophy as well.

Olympus Stylus Tough-6000

Built to survive situations that would see other cameras either shatter into shards or shut down for the good. 10-

megapixel Tough-6000 is











touted by Olympus as being able to survive a fivefoot drop, being sub-merged 10 feet underwater, sat upon or even frozen to -10 C.

The body has a built-in "tap control' whereby

like flash mode or picture play-back can

cessed simply by tapping the sides or back of the camera - ideal for when you're wearing gloves on the winter slopes or diving to snap shots of dolphins. If there ever was a truly child-proof camera that not even your delightful nephew could ruin with his "eccentric" ways of playing with toys, this is

Canon 7D **DSLR** camera

\$2,099,99

Canon's newest DSLR addition is the real deal - a professional level camera semi-professional price that really understands what makes photography fun. The 7D takes Canon's excellent CMOS sensor to

> heights with 18megapixtached to two Digic 4 image processors,

which enable the rig to take photos at 8 fps in continuous shooting mode with ISO ratings up to 12,800 for superior lowlight photo taking. Canon consulted with more than 5,000 professional photographers worldwide to find

out exactly what they wanted from camera and the result is a swath of revolutionary features like an intelligent light metering system, a bright viewfinder

cent coverage, full HD 1080p video shooting, a built-in transmitter for external flashes and even a dual-axis electronic level built into the viewfinder so you'll never have to take skewed shots that look like the Titanic is constantly sinking. This camera might even slay dragons if you find the right

Kodak Zi8 pocket video camera

\$199.95

button.

Small but featurepacked, the Kodak Zi8 is convenient and fun to use. This compact but powerful lit-tle video camera is great for quick vids on-thefly for Youtube your

or Facebook postings. Despite its smaller size and price,

the camera packs in full 1080p HD video capabilities, image stabilization, face detection and comes with HDMI and AV cables included. Easy to carry and use,

the Zi8 is perfect for budding pocket-directors.

Flip Video MinoHD camcorder

If cuteness could transform into a camera, the MinoHD might

> take. While the spry little camera can take up to 60 minutes of high-definivideo tion and features internal rechargeable battery, it also has plenty of style: Yours. MinoHD has a fully customizable exterior, from

just be the

form it would

cool prints to interesting patterns to your own photos or images, making sure every Mino is unique. The personalization is fully included in the price and the camera weighs just over three ounces.





This Scrolling Licence Plate Frame, \$34.99, is programmable with any message. A built-in memory holds five messages up to 250 characters long. Available at Shoppers Drug Mart, shoppersdrugmart.ca. METRO NEWS SERVICES

Holiday Shopping Guide

Gifts for the book-lover on your list

BRIAN COULTON



A funny French wine tour memoir from a new Canadian writer and the dark sophomore novel by an Australian singer are among Metro's literary must-haves for this holiday season.

Whether you're trekking old-fashioned to the bookstore or stuffing stockings with a click, consider these top publishing picks of 2009.

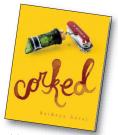
Corked

Author: Kathryn Borel Jr.

Publisher: John Wiley & Sons

Price: \$29.95 (hardcover)

The road to hell is paved



with grapevines in this comic breakout memoir by Toronto radio producer and writer Kathryn Borel Jr. Despite growing up with regular tasting lessons from her wine connoisseur father Philippe, Kathryn's vintage vocabulary hasn't quite fermented. Aiming to connect with often-headstrong Philippe, she initiates a father-daughter wine quest through France. But the well-intentioned trip soon turns sour as she struggles to reconcile her father's outrageous behaviour with her own strenuous past. Written in Borel's sharp-witted, self-assured voice, Corked marks the introduction of an expressive, honest writer whose rich, vivacious voyage proves to be compassionate as it is, itself, corked.

Generation A

Author: Douglas Coupland Publisher: Random House Canada Price: \$32.95 (hardcover)

Eighteen years after the release of his breakout novel Generation X, Vancouverbased



brought him to recognition in Generation A. In the near future, bees have all gone extinct. But when five strangers from Canada, the United States, France, New Zealand and Sri Lanka are each stung, they become embroiled in mass media attention, studies and eventual capture by a scientist determined to discover their

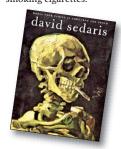
connection in his own way. Blending sentiments of optimism with catastrophe, Coupland continues his astute reflection on popular culture and technology, always coloured by his distinctive brand of humour.

When You Are Engulfed in Flames

Author: David Sedaris
Publisher: Little, Brown & Co.
Price: \$17.99 (paperback)

In this sixth collection of personal essays by matter-of-fact American humourist and storyteller David Sedaris, the writer continues to mine the seemingly mundane, turning his daily experiences into wonderfully wry accounts of personal discov-

ery. In more than 22 short accounts, Sedaris probes his boyfriend Hugh's quick-paced walk, sharing a boarding house with some unexpectedly less-than-refined roommates, and how it took a trip halfway around the world for him to quit smoking cigarettes.



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Limited-edition two-tone tights by Trina Turk.

Plenty of great gifts for less than \$25

This gift-giving season, \$25 and under is the place to be. The economy is slowly recovering, yet consumers remain nervous, leading retailers to offer more items for \$25 or less, experts say.

"A few years ago, there was no price barrier for most retailers and most consumers," said Kathy Deane, president of the New York-based retail consultancy Tobe. "Now consumers are looking for value. This is the year of \$25-and-under gifts."

In the past, stores and malls focused on presents less than \$50 or less than \$100, said Marshal Cohen, chief industry analyst at market research firm NPD Group.

"This year, the \$25 price point really has resonated," said Cohen. It's what most people will spend for stocking stuffers or gifts for people outside their immediate family, he said.

"That's the magic price point line, which retailers recognize is their target zone," he said. "Twentyfive dollars buys someone a gift that says, 'I thought about you.'"

Here's a look at some gifts that cost no more than \$25:

FOR HER

You can find a sweater for \$25, but there are also many trendy and stylish accessories.

Try leggings, which are fashionable this fall and fit into spring's skinny-leg silhouette. You can find cotton leggings in black, brown, navy, grey and purple, as well as argyle and two-tone patterns. "Leggings are the hottest-selling thing right now. Every-

one is obsessed with leggings," says Alison Hessert, a spokeswoman for HUE.

For those who like to pull on their Wellies (non-insulated tall rubber boots) on a cold slushy day or for gardening, how about fleece boot liners? They also can be worn around the house as slouchy slippers.

Cosmetic bags, which often get grimy and need to be replaced, make a great gift. Some manufacturers make a good-looking makeup bag that doubles as a clutch in stylish patterns and colours.

Costume jewelry, such as a big faux cocktail ring, is great for a fashionable friend. "There's no question that they would be fake, but

The Snake Charmer Clutch by Trina. they're lots of fun," says Linda Lee, group vicepresident of Macy's By Appointment.

Shoppers will be looking for gifts that are fashionable and interesting, such as statement necklaces, bangles and leather wrist bands, Deane said.

For a wine lover, bottle stoppers can be had for under \$25. Look for a faceted diamond stopper or others in animal prints like zebra and giraffe. Coasters are great for those who entertain often.

For women you know well who don't always carry a purse — for instance,

when they are jogging — there's the Racktrap, a credit-card-size pocket that

A Facet crystal diamond bottle stopper.

goes into the bra to hold essentials. From theracktrap.com, there's a single gold one, or there's the "fashion four-pack" of white lace, black lace, nude lace and a sweatproof blue sport version.

The Bra Barrette (brabarrette.com) adds some jewelled flair to the back of spaghetti tops and dresses, swimsuits or bras.

FOR HIM

For the guys, there's the ultra-traditional gift of socks and PJs, everyday items that many of our special guys don't go out and buy for themselves. Argyle socks are in or look for other traditional styles like pinstripe, pin dot, and solid black, navy and brown.

THE ASSOCIATED PRESS

Sales from these collectible brass ornaments, \$18.50, go to support Unicef. For more, go to shopunicef.ca. METRO NEWS SERVICES



Holiday Shopping Guide

Deck the halls

Plenty of options available when it comes to holiday ornaments











This five-and-a-half-inch tall angel also features a sentiment on the back of the silver tag, which reads: Heavenly license to crave. \$16.98

Available at Hallmark stores across Canada. hallmark.ca





Santa Belly ornament, \$4.95 at Pier 1 Imports. For more, go to pier1.ca.

Shoe ornament, \$11.99, with "If the shoe fits, buy it" printed on it. Available at Hallmark. For more, go to hallmark.ca.

Retro plane ornament by HomeSense, \$5.99. For more, go to homesense.ca.

Feathered glass bird ornaments, \$5.99 for a set of three at HomeSense. For more, go to homesense.ca

Distressed wood snowflake ornament with mirrored detail, \$5.99 at HomeSense. For more, go to homesense.ca.

Glass polka-dot ornament, \$4.99 at HomeSense. For more, go to homesense.ca.

Mercury glass ornaments, \$3.99 each at HomeSense. For more, go to homesense.ca.

Notes of Joy glass ornament, \$24.97 at Hallmark. For more, go to hallmark.ca.

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Andy Warhol Treasures: The Illustrated Story of Andy Warhol's Life and Works, \$39.95 at Indigo and Chapters stores, or online at chapters.indigo.ca. METRO NEWS SERVICES

Holiday Shopping Guide

Gifts for the gamer

KAREN FALCON for Metro Canada

This season is stuffed full of gaming goodness and Metro has made it wickedeasy for you by narrowing the choices down to the best of the holiday offerings (all under \$60). Just take this handy paper to the store and point to what you need. Clever, right?

Borderlands

Platform: PS3, Xbox 360 Rated: M

There's never been anything quite like it. It's a shooter and it's an RPG.



I'm just gonna put this out there and say I don't think I played a better game this year. Did I mention it's got guns? A mind-boggling amount of inspiring guns? And vending machines where you can use your XP to buy health, shields, ammo, and more guns?

The single-player is fantastic but as you roam around the Borderlands searching for loot, think about convincing your friends to get this game too — it's uber-good alone but even better with four of you running and gunning, leveling up your distinct characters, and making giant Spider Ants go splat.

Call of Duty:

Platform: PS3, PC, Xbox 360 Rated: M

You need to secure Burger Town and it's not going to be easy. The cam-



paign is relentlessly frantic, short, and superfreakin'-hard on Veteran, but don't worry because the single-player story isn't where it's at. The online play that delivers all kinds of great new stuff and the new two-player co-op Special Ops missions are where it's at. With ground-wrecking graphics, kill-streaks that unlock nukes, and lasting appeal that will take you to 2014, I wonder if this is why COD MW2 is busting all kinds of video game records — I'll bet it is.

Forza Motorsport 3

Platform: Xbox 360 Rated: E

I'm no driver. I'm just a chick who games a lot and the beau-



ty of this game is that even if you're like me and have no clue what a gas pedal looks like, you can still win races and feel like a rock star. But that's only one of the beauties. There are lots! Like the endless decals and paint jobs you can create. Like racing around the

world with people from around the world. Like turning off the racing line, the ABS, and the traction control, then stuffing your beautiful creation right into the corner on that hairpin turn.

Whatever your capacity for racing games, Forza 3 rocks. And another beauty — pretty much every car is for sale from the very beginning so you don't have to wait to play. Beautiful.

Left 4 **Dead 2**

Platform: Xbox 360, PC Rated: M

Mmm... zombies. Creepy, creepy zombies. Zombies vs. up to four co-op human players.

The undead stumble around faster than you think the undead would,

the Director (AI) is brilliant, and the game tailors itself to the player's abilities. So what's better than



A scene from Ratchet & Clank Future: A Crack in Time.

that, you ask? Well, for starters, there are five immediately accessible campaigns, an insanely fun multiplayer mode called Scavenge, a grenade launcher that teaches you the meaning of "friendly fire", and a frying pan. That's right — and it makes the most satisfying sound when it connects with zombie brains. Frying pans aren't just for eggs anymore — they're for hordes of swarming zom-

LEGO Rock Band

Platform: Wii, Xbox 360, PS3 Rated: E

When I grow up, I want to be in a rock band. A LEGO

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rock band! It doesn't matter if you're not musically inclined, because with



For the art love

LEGO and a microphone, guitar, or drum set, you can be a star — just like me

Jump in and buy this Rock Band for the family. We're talking super-fun for all ages. Set the kids up with a guitar and let 'em rock out as David Bowie or Pink.

They'll amass LEGO studs, earn groupies, hire a manager, buy a bus, and unlock new venues. Then you'll have to wave bye-bye because they're hittin' the road. CONTINUED ON NEXT PAGE



This Life Brand Platinum Premium Belgian Chocolate Penguin, \$4.99, makes the perfect stocking stuffer. Available at Shoppers Drug Mart, shoppersdrugmart.ca. METRO NEWS SERVICES



Holiday Shopping Guide

CONTINUED FROM PREVIOUS PAGE

New Super Mario Bros. Wii

Platform: Wii

Rated: E

Four-player multiplayer Mario! hard to believe, but it's real and it's



here - and with four players, it's super-fantastic

You can play this with anyone in your house — even your mom. And did I mention you can pick up the other players and throw 'em at piranha plants just because you feel like it? Watching them try to wall-jump their way back to safety while you tear around hogging all the coins is vastly entertaining. Sometimes they don't make it and somehow, that's even more entertaining.

Mini **Ninjas**

Platform: Wii. Nintendo DS. Xbox 360, PS3 Rated: E

Oh little ninja, how appealing and wickedly enter-





Uncharted 2: Among Thieves is one of the best-looking and most satisfying story-driven single player games of all time, our reviewer says

have mini friends who are also ninja-like-and-



deadly, but in a remarkably charming way.

I know what you're thinking. You think it's a kid's game. You think that's who you're buying it for. And late at night, after the kids are asleep, you'll find yourself sitting there taking control of Hiro, going out in search of the other four playable mini

ninjas, mixing potions, and doing a little fishing on the side. Evil Samurai Warlord and Fart Boss should be afraid. You're sending in the ninjas.

Ratchet & Clank Future: A Crack in Time Platform: PS3 Rated: E

Your favourite Lombax is at it again and this time he's packin' a customizsuper-cool, uber-inventive arsenal.

With a mind-boggling

amount of stuff to upgrade, fun puzzles, and fantastic Clank sections, this last instalment of the Future series isn't one fans or newcomers should miss.

It's a perfect Ratchet game with stupendous guns, tonnes of nuts and bolts flying all over your screen, a bril-

liant control scheme, and a magnificent pair of hoverboots. Oh, and a Chimp-o-Matic — because everybody needs a gun that turns enemies into monkeys!

Uncharted 2: Among Thieve

Platform: PS3 Rated: T

I've decided that chuckin' propane tanks at ene mies and



ing 'em to make big fat destructive fireballs is one of the best things to do in videogame land. Kids, do

not try this at home unless you're playing your PS3 and playing one of the best-looking and most satisfying, story-driven singleplayer games of all time.

21

It's Nathan Drake meets Lara Croft meets Indiana Jones meets Awesome in Uncharted 2. And wait for it: There's more awesome - there's multiplayer too! If you're going to gift it, throw in some frozen dinners and a microwave, because your recipient won't have time to cook for a while. Trust me. I know things.



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These colourful Stylize Kids Barrettes are perfect stocking stuffers for the young fashionista. Prices vary. Available at Shoppers Drug Mart, shoppersdrugmart.ca. METRO NEWS SERVICES

Holiday Shopping Guide

Naughty & nice

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lar, \$185, at Banana Republic. For more, go to bananare public.ca.

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Holiday Shopping Guide

Sales of real Christmas trees are rising this year, say wholesalers.

Canadians choose real trees: Retailers

For some people it's the smell of cinnamon, peppermint or hot apple cider that reminds them of Christmas.

For others it's the smell of pine that fills the house when a real Christmas tree is set up next to a crackling fire.

This year Canadians may be getting nostalgic for that smell, as the country's largest organization representing wholesalers of real Christmas trees reports a 15 per cent increase in orders from retailers this season over last.

"I think it's because people don't plan to go away because of the recession. They plan to stay at home and have a nice family

Christmas," said Lewis Downey, executive director of the Canadian Christmas Tree Growers Association.

Downey's organization represents approximately 1,500 wholesalers across the country. Wholesalers sell both potted and cut

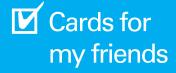
"Real trees smell good -

a real turkey beats canned turkey," said Downey.

According to Statistics Canada, revenues from Christmas tree sales rose in 2008 — returning to a level last seen in 2004.

Others in the Christmas tree industry say the 2009 season is on track to continue the upward trend.

THE CANADIAN PRESS



Medicine for **Aminata**



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3.3970	3.3970	5.0470	5.0570	4.1970	3.3970	3.33/0	5.5970	3.9470

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Metro Homes

New mag

Mike Holmes, who launched a home renovation magazine this week will be signing copies of the debut issue and promoting it across Canada. THE CANADIAN PRESS

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Thrilling theatre, cozy comfort

EMMA YARDLEY for Metro Canada

A movie theatre may have a booming sound system and a screen the size of a house but sometimes the ease of watching a film in the comfort of your own living room wins out.

"The key to achieving a true theatre experience at home is choosing the right entertainment system for the size of your space, your level of technology know-how, and the everyday needs of your family," says Barry Murray, director or marketing at Panasonic Canada.

He suggests looking for a system with surroundsound, true-to-life colour

and HD capabilities. "Also, think whether the system will be used for gaming or music there are many products available today that offer a variety functions, like networking capa-bilities and iPo iPod compatibility."

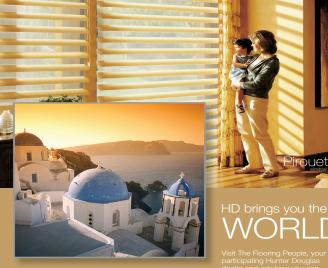
With the right tools not only can you recreate the movie theatre experience but make it even better; at home you can press pause and go to the kitchen to refill the chip bowl.

reminiscent of those sold in theatres during the golden age of cinema. Williams-Sonoma, \$59.95, williams-sonoma.ca.

> Pop to it! It's easy to use, easy to clean and even easier to go back for a second bowl. Toastess Cinema Popper, \$59.99,

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Keep everyone happy with the DVD selection - one for the kids, one for the girls and one for the guys. Julie and Julia, \$34.90, HMV and Best Buy; Star Trek, \$23.99; UP!, \$23.99; both at Zellers.

flat screen TV. Pier 1 Imports, \$749.95,

pier1.com.



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Set is the perfect present for any moviemad friend. Williams-Sonoma, \$38, williams-sonoma.ca.

Style At Home Magazine

Read more in the September issue of Style at Home magazine. ON SALE NOW! styleathome.com

metro homes 25





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Sophie Theallet, a Frenchwoman-turned-New-Yorker. has won the prestigious CFDA/Vogue Fashion Fund award, which supports emerging designers. The prize includes \$200,000 US and a year's worth of mentoring. KENYA HUNT/METRO WORLD NEWS

Style



Dressed for impact
When it comes to cultural importance, there are 50 dresses that hold iconic status, according to London's Design Museum. In its latest release, Fifty Dresses That Changed the World(Conran), the museum takes readers on a literary tour of beautiful designs and the famous women who wore them, including Jackie Kennedy, Twiggy, Cher and Princess Diana. The book is available at Chapters and Indigo stores across Canada for \$26. **METRO NEWS SERVICES**

Fashion's sweeter side

Ralph Lauren's daughter brings Dylan's Candy Bar to Holt's

What do former U.S. president Bill Clinton, A-Rod and Janet Jackson have in common?

appreciation sweet treats from Dylan's Candy Bar, a New York City mecca of jellybeans, sour gums, chocolates, toffee, gummy bears, licorice, whirly pops and related apparel, accessories and spa products.

A selection of the most popular offerings is now also available at Holt Renfrew in Canada. "Everyone likes candy," says founder Dylan Lauren.

The daughter of iconic American fashion designer Ralph Lauren, Lauren says her own eye for design drew her to pop art, graphic design and packaging. She calls candy her passion, kickstarted by a Willy Wonka and the Chocolate Factory viewing when she was

And even before the launch of Dylan's Candy Bar, candy had already become part of her professional life during a stretch with her own event-planning company. "Interestingly, I always used candy as decorative accents," she told Metro.

Now her mission is to "elevate candy so it's not just for self-consumption," she "Good quality candy makes great gifts." It's also easy to customize for corporate clients: Dvlan's Candy Bar was a sweet part of the

Dylan Lauren, founder of Dylan's Candy Bar "Nostalgia's a huge thing

right now, especially during the recession."

Dylan Lauren

Barbie-turns-50 celebrations earlier this year.

In-demand items include brightly coloured whirly pops, candied popcorn, super-sized chocolate bars and candy time capsules featuring popular era-specific sweets, such as candy necklaces, gobstoppers, Pop Rocks and Wonka Bars from the '70s; and Bubble Tape, Bubble Gum Cigarettes. Nerds and Big League Chew from the '80s. "Nostalgia's a huge thing right now, especially dur-ing the recession," Lauren

While a variety of Dylan's Candy Bar offerings are marketplace favourites

such as Jolly Ranchers, Starbursts, Hot Tamales and Reese's Peanut Butter Cups, many are unique to the

'We work with our suppliers to put our own twist on things," says Lauren, offering her Everything But the Kitchen Sink as an example. "The original had fewer components. Ours Above, Dylan's Candy Bar two-pound Milk Chocolate Bar, \$36. Right, Candyland Gift Basket, \$170.

has seven - pretzels, popcorn, cashews, toffee, peanuts, graham crackers and marshmallows.

Dylan's Candy Bar Birthday Cake Batter Soda Pop Shower Gel. \$16.

> Below, Coconut Bon-Bon Body Smoothie Lotion, \$16.





ELLE Canada magazine on sale now!

How to fix 25 skin problems—from breakouts to dark circles—only in our December issue! STYLE CONTENT BY ELLE CANADA, SEE MORE AT: ellecanada.com



Editors' Pick

KICK IT



Classic black? You can wear that anytime. This holiday season, go for no-holds-barred glamour with texture and unexpected colour combinations. Make a statement in navy-and-gold brocade. Platform stilettos, H&M (\$60, hm.com)



TRIED &

Anna Wallner and Kristina Matisic have become Canada's style arbiters, trying almost every fashion and cooking technique imaginable as the stars of The Shopping Bags. Their new show, Anna & Kristina's Beauty Call, is a natural progression for the former news reporters. In this latest venture, Wallner and Matisic attend coveted fashion gatherings such as New York Fashion Week and meet some of the world's hottest designers. Then, after chatting with experts, they recreate the runway makeup, hairstyles and fashions on a budget.

COCKTAIL DRESS

Bustier styles party all night long.

ADVICE Strapless party frocks look best on gals with broad shoulders-but avoid the style if you have a fuller chest. For a great fit, try one that has a built-in bra. There are two ma-jor options: tailored '50s couture in satin or '80s

dress bares the neck and shoulders, wear an ornate





Cotton and polvester Miss Sixty (\$219, info@sixtycanada.com)

LIFE ON THE LIDO

Looks from the Chanel Cruise

2010 collection.

complete with

hair and makeup;

the invite to the

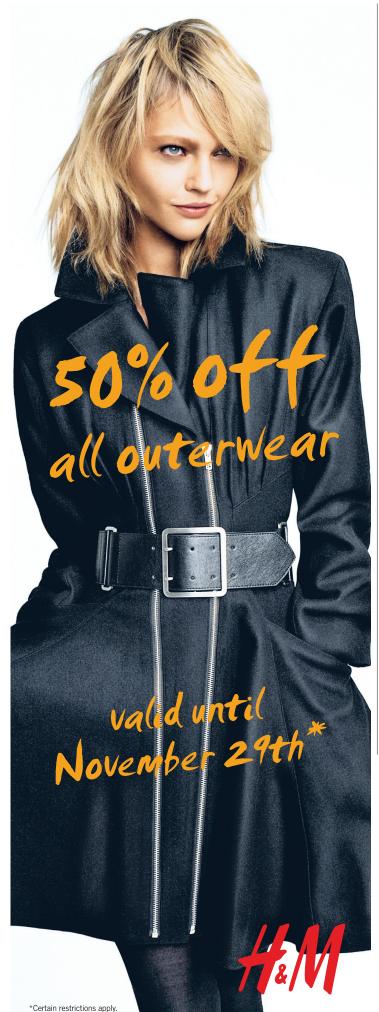
'30s-inspired

Inspired by Luchino Visconti's moody Death in Venice, Karl Lagerfeld set the scene for the Chanel Cruise 2010 collection outside the Grand Hotel Excelsior along the Lido, where the film was shot in 1971. In lieu of aristocratic families and dark desires, more than 300 guests, including fashion journalists, celebrities and some of Chanel's top clients from around the world, were there to enjoy the spectacle. The rumbling of the Adriatic Sea was pierced by music played by a violinist and a cellist and a rap recording by Lagerfeld. The models, in '30s-style hair and makeup, strutted the catwalk/boardwalk in nautical-inspired knitwear, cream chiffon gowns and rich bronze dresses.



To read these stories and more, visit: www.ellecanada.com





Mrs. O dazzles at state dinner

Designer Naeem Khan created first lady's gown

First lady Michelle Obama chose to wear a gleaming silver-sequined, creamcoloured gown Tuesday night to the first state dinner held by her husband's administration.

She was tending to her hostess duties in a strapless silhouette with the beads forming an abstract floral pattern that was custommade by Naeem Khan.

She wore a matching wrap, a stack of bangle bracelets on her wrist and dangling earrings.

The guests of honour at the dinner were Indian Prime Minister Manmohan Singh and his wife, Gursharan Kaur, making Mrs. Obama's choice of the Indianborn, U.S.-based designer seem very appropriate.

Earlier in the day, for a preview of the event, Mrs. Obama wore a skirt by Rachel Roy, also an Indian-American. "That gave us a preview that she was going to use clothes to convey a meaning," said Mary Tomer, author of the new book Mrs. O: The Face of Fashion Democracy.

"They were really thoughtful choices," she said. "The nice thing about it is the Jackie Kennedy sort of appropriateness. Most people wouldn't know one way or another about Naeem's background, but if one sentence gets men-



U.S. President Barack Obama and First lady Michelle Obama are seen before welcoming India's Prime Minister Manmohan Singh and his wife Gursharan Kaur to a state dinner at the White House.

tioned to the prime minister, then her subtleness would pay off," added Hal Rubenstein, fashion director for InStyle magazine.

Khan told CNN's Larry King that his goals were to dress the first lady in something "Indian, chic, simple but very glamourous."

Rubenstein said he was impressed that Mrs. Obama used her fashion knowledge to choose a sophisticated and regal style that paid

homage to India without wearing a traditional saristyle dress, which could have come off as a costume next to India's first lady. "I think she looks fabu-

"I think she looks fabulous," said Tomer. "She walked out in something that's figure-flattering and chic. Naeem's work is known for glamour and embellishment and this dress seems to embody that. She's sparkling and radiant."

THE ASSOCIATED PRESS



Rihanna will earn \$500,000 US to perform at a New Year's Eve party. She has been asked to sing at the Emirates Palace Hotel in Abu Dhabi to help revellers see in 2010 in what will be her first performance in the Middle East. METRO NEWS SERVICES

Purple gain Entertainment spread in France's Purple magazine. LIFE & STYLE WEEKLY

Rihanna makes R-rated return

Boyle, Lambert, Shakira also release new music

Adam Lambert

Album: For Your Entertainment Label: RCA/Sony Rating: 🕮 🕮 🥠

ADAM LAM-BERT IS an Idol with staying power. And every time



he gets kicked off a TV show for being provocative, just adds to his attraction. (Didn't they try that in the '50s with Elvis?). He's got it all, maybe a little bit too much. But the talent is unmistakably there, whether he's performing vocal acrobatics a la Freddy Mercury (opening track Music Again) or crooning out heartfelt love aches (Broken Open). The theatrical chameleon who mesmerized American Idol viewers continues to try on new clothes and his fans will happily take in the fashion show. Lambert's debut album suffers at times from the heavy hand of Idol production

techniques. It will be in-

AlbumReviews music@metronews.ca

teresting to see what he

has in store for us with his next.

Graham Rockingham/for Metro Canada

Rihanna

Album: Rated R Label: Def Jam/Universal Rating: ###

THERE'S NOTHING LIKE relationship







Rihanna has turned her experiences with Chris Brown into the fiery and moving new album Rated R.

sically, most of the tunes stellar they're haunting, dark and befitting of the album's name.

Susan Boyle

Album: I Dreamed a Dream Label: Columbia/Sony

raunch ballad, should be enough to send music fans running



sometimes it's best to leave preconceptions at the stable door. Boyle somehow pulls off the impossible. There is a wonderfully unique lilt to her English schoolgirl voice that drags the song's full five minutes. Ditto with her Streisand-like take on the great American standard, Cry Me a River. Yet, one has to wonder if the world really needs more recorded versions of Amazing Grace and Silent Night.

Graham Rockingham/for Metro Canada

Shakira

Album: She Wolf Label: Epic Sony

YOU CAN AP-**PROACH** this album in one of two wavs -1) the latest in-

stalment of trash from the

say we give Shakira the benefit of the doubt and go with Door No. 2. There had to be a comic hand at work crafting lyrics like "I'm starting to feel just a little abused, like a coffee ma-chine in an office." But seriously, Shakira shows some decent vocal chops here, especially when the Auto-Tune gets (apparently) turned off on tracks like Gypsy and Did It Again.

Graham Rockingham/for Metro Ca

Lady Gaga

Album: The Fame Monster Label: Interscope/Universal

FLAMBOYANT behaviour and over-thetop cos-



easy to forget that it was Lady Gaga songs that catapulted her into the spotlight. Her new eight-song EP which is also packaged with her debut as a deluxe version — pushes her song-writing skills further, tackling Shakira-like Latin on Alejandro and jangly soul on Teeth. It's clear that Gaga doesn't want to be a one-album wonder.

Bryan Borzykowski/for Me





Dancing With the Stars judge Carrie Ann Inaba was scheduled to have surgery yesterday morning in Los Angeles to relieve pressure and stiffness in her neck caused by spinal stenosis. PEOPLE.COM

Court grants Polanski bail

Pays up \$4.5 million but must remain under house arrest

The Swiss Criminal Court granted director Roman Polanski bail on Wednesday, accepting US\$4.5 million to allow him to remain under house arrest and monitored by an electronic bracelet at his chalet in the Swiss resort of Gstaad.

The Swiss Justice Ministry, which ordered him arrested on Sept. 26 as he arrived in Zurich to receive lifetime achievement award at a film festival, said it still viewed him as a flight risk. But Polanski wasn't immediately released. He will stay in prison for up to 10 days while the Swiss government decides whether to appeal.

The verdict does not affect the Swiss Justice Ministry's ongoing assessment whether Polanski should be extradited to the United States for having sex in 1977 with a 13-yearold girl, after plying her champagne and a Quaalude pill at a modelling shoot.

He was initially indicted



Director Roman Polanski will be monitored by an electronic bracelet while under house arrest in at his Swiss chalet.

on six felony counts, including rape by use of drugs, child molesting and sodomy. Polanski pleaded guilty to the lesser charge of unlawful sexual intercourse. In exchange, the iudge agreed to drop the remaining charges and sentence him to prison for a 90-day psychiatric evaluation.

The evaluator released Polanski after 42 days, but the judge said he would send him back to serve out the 90 days. Polanski then fled the country on Feb. 1, 1978, the day he was to be sentenced and has lived in France since.

"The 76-year-old appellant is married and the father of two minors," the court said, as it considered Polanski's offer of a cash bail secured by his apartment in Paris. "It can be assumed that as a responsible father he will, especially in view of his advanced age, attach greater importance to the financial security of his family.'

Off the Record
Over the Bolts

InnerSpace (N) Stargate SG-1

Bounty Hunter Bounty Hunter

Lopez Tonight
The Legend of Johnny Lingo ** (20

I Prophesy

The Outer Limits

Holmes Inspection

God Bless

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Daddy's Little Girls (2007)

Ghost Hunters

Paid Program Fish Out of

Family Guy

"We will decide quickly on whether to order his re lease or file an appeal with the Federal Tribunal." Justice Ministry spokesman Folco Galli said. Authorities had 10 days to refer the matter to the tribunal, Switzerland's highest court, but Galli said they would make their decision before that. The Federal Tribunal said it had yet to receive an appeal. The decision came as a surprise. Swiss legal experts had said earlier that Polanski's chances of bail were slim.

Polanski claims the judge and prosecutors in his initial trial acted improperly. A California appeals court will listen to oral arguments from his attorneys next month. They will be urging the court to order a lower court to decide whether to dismiss charges against the fugitive director, whether he is present or not.

A decision on extraditing Polanski to Los Angeles is still pending, and would also be subject to appeals.

THE ASSOCIATED PRESS

France's First Lady to star in Woody Allen's next film

Woody Allen has successfully courted France's first lady, Carla Bruni-Sarkozy.

The former supermodel, who is married to French President Nicolas Sarkozy. savs she's agreed to be in the famed director's next film, but doesn't yet know what role he has in store for her.

On Monday, while appearing on Canal Plus television to sing a duet with crooner Harry Connick Jr., she said, "[Woody] asked me to be in his next film," but admitted that she could be a terrible actress. "I'm not at all an actress Maybe I'll be absolutely terrible," she said.



blindly. If I don't, I won't do anything

Bruni-Sarkozy, who has a son from a previous relationship went on to say, "I'd like to — you know when I'm a grandmother, to have done a Woody Allen film. I cannot in my life miss an opportunity like this."

She said the cinematic legend also asked her not to make another film before his. A singer-song-writer, Bruni-Sarkozy also takes her responsibilities as France's First Lady seriously.

THE ASSOCIATED PRESS

10:00 : Crime Sce B S 7:00 8:00 11:00 2 CFRN 239 318 etalk 3 KHQ - 370 News NBC's People of the Year (N - 370 News Jeopardy! (N) Wheel-Fortu Be-Millionaire The Office "Niagara" Jay Leno Show The Hour 4 CBXT - 307 Wheel-Fortune 6 KREM - 372 News 7 CKEM 241 347 Law & Order: SVU Survivor: Samoa (N The Jay Leno Show (N) 90210 (HDTV) Omni News: S. Asian Edition 30 Rock 30 Rock Curb-Enthsm Curb-Enthsm Your City The Simpsons Beyoncé ... I Am Yours edy) Ben Stiller. Entertainment The Insider (N) Two/Half Men Two/Half Men McCartney 4 News at 6:30 Julia Child Memories: Bon Appéti Soundstage 22 KSPS - 3/4 | Newshour with office and | 24 WTVS - 346 | Ask This Old | Michigan | 15 CBCN 502 - CBC News: The National | 21 TWN 505 396 | CSP | Ask This CSP | 27 CNN 500 500 CNN Heroes: An All-Star Tribute (I) 54 CTVN 501 391 | CTV News Tonight Being Served Charlie Rose (N) Red Green Tavis Smiley Sherlock Holmes CBC News: The National EarthWatch One EarthWatch Two CNN Heroes: An All-Star Tribute Larry King Live CTV News CTV News CTV News Business News Commodities CTV News Commodities CTV News CTV News 70 BNN 504 508 Squeeze Play 20 TSN 400 400 NHL Hockey 23 net 408 418 (6) NFL Football New York Giants at Market Call Tonight Headline Squeeze Play

23 net 408 418 (6) NFL Football New York Giants 47 SPEED 417 406 Dangerous Drives (HDTV) (N) 94 SCORE 410 403 (5:30) College Football Texas at T 9 EDACC 267 351 Alberta Primetime (Live) | Dangerous Drives (HDTV) (N) | Dangerous Drives (HDTV) (N) | Dangerous Drives (HDTV) (N) | Dangerous A&M. (Live) | Score Now | Score Now | Cinderella Man *** (2005, Biography) Russell Crowe, Renée Zellweger, Paul Giamatti. Dangerous Drives (HDTV) Drives Score Now 8 Simple Rules | What I Like Backyardigans | Ni Hao, Kai-lan Futurama | King of the Hill 14 YTV 552 543 iCarly 17 TREE 553 546 Little Bear Drake & Josh To Be Indie Babar Zigby Stoked Total Drama Hates Chris Dragon (DVS) 6TEEN Family Biz Go, Diego, Malcolm-Mid Maggie-Beast Johnny Test Max & Ruby 42 TOON 555 545 Jimmy Two | 42 | 1001/8 | 535 | 541 | Han. Montana | Wizards-Place | TVA | 121 714 | TVA nouvelles | Le Cercle (SC) | 18 | CMT | 575 583 | According-Jim | According-Jim | 25 | A&E 615 520 | The First 48 (FIOTV) | 26 | MMM | 571 581 | Elvis: Viva Las Vegas Wizards-Place Latest Buzz Sonny Chance Zack & Cody La Fièvre de la danse (SC) Dieu Merci (HDTV) (N) (SC) Han. Montana Le Gentleman (N) (SC) Home Improve. Home Improve. Unstable Crime 360 (HDTV) (10:01) The First 48 The First 48 (HDTV) mmtop10.ca Elvis: Viva Las Vegas 29 FOOD 603 561 Heston's Feasts (N) 31 SHOW 617 522 Trailer Park Trailer Park 32 DISC 520 505 Life "Insects" (N) Family F Da Vinci's City Hal Ace of Cakes Heston Feast Ace of Cakes Family Unwrapped Unwrapped Paradise Falls Saving Grace MythBusters 33 SLICE 601 562 X-Weighted 34 W 602 567 House-Sell 35 TLC 521 560 Cake Boss Celebrity Para. X-Weighted "Diane Old Christine The Biggest Lose Confidential What Happen? Divine Design Cake Boss 38 BRAVO 620 523 Eighteen (2004, Drama) Brendan Fletcher. (DVS) 38 SPIKE 628 584 TNA Wrestling (HDTV) (N) 39 AMC - - (6) The Godfather **** (1972, Crime Drama) Marlon Brando, Al Pacino Without a Trac MANswers MANswers When Disaster Strikes Corner Gas Name Is Ear Life After People Air Farce M*A*S*H South Park Discoveries Hot Box

Daddy's Little Girls ★★ (2007, Ro

House Hunters House Hunters

Darwin's Lost Paradise (N)

Gone Too Far

Cold Case RDI économie

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Revue

Ghost Hunters International

Bob & Doug

52 HGTV 600 564 Renovation

 100
 MTV
 581
 566
 Real World-Road Rules

 101
 MM
 570
 580
 You Can Dance

 102
 CPAC
 512
 396
 (6:30)
 Primetime Politics

103 VIVA 526 507 The Closer 106 RDI 126 730 Le Téléjournal (SC

ers commences seven hours of NFL football and no doubt provides welcome respite for many from food, parades and family interaction. Aaron Rodgers and the Pack hope to improve their chances of landing a playoff berth against one of the worst teams in the game in Matthew

critics'corner-

Darn, if only those pesky serial killers would stay in their own countries. In this new episode, the ICS works to prevent Maggie's (Catherine Disher) daughter from becoming the latest victim of a killer who works both sides of the border. James McGowan, Graham Abbey and Jonas Chernick also star in "Dark Ride." 9 PM on CBXT



NEL Football

Today's annual Thanksgiving Day game in Detroit between the Lions and the Green Bay Pack-Stafford and the Lions. After this. the Cowboys and Oakland Raiders go at it down in Dallas on CBS. 10:30 AM on CKEM KAYU

Osmond takes home trophy

TELEVISION Donny Osmond was declared the new champion of Dancing With Stars on Tuesday, taking home the show's mirror ball trophy in the season finale of the program.

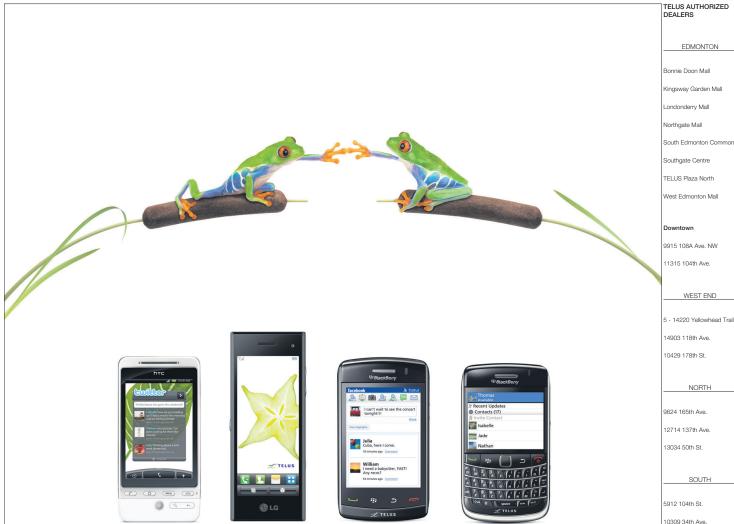
The former teen pop star of the singing Osmond family said the show has been a highlight in a career of ups and downs.



"I did it!" he exclaimed. then promptly rushed to the audience, plucked out his wife, Debbie, and carried her across the stage. Helping push Osmond over the top was the tango he performed with his professional dancing partner, Kym Johnson. Judge Carrie Ann Inaba hailed it as "artistry in motion."

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BEST LONDON **32** entertainment

Still baking after all these years

Ann Liske's baking was so popular that she thought they could actually sell it. After 26 years, the Fife 'n' Dekel empire continues to supply some of the best sandwiches and baked goods in the city. fifendekel.com. CHRISTOPHER THRALL/FOR METRO EDMONTON

Urban Foodie

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Not quite the Grill of my dreams

CHRISTOPHER THRALL

EdmontonUrbanFoodie@gmail.com

Ric's Grill

10190 104 Street 780-429-4333 ricsgrilledmonton.com

Signature Drink:

Zonte's Footstep Shiraz Viognier (\$11.15) **Signature Dish:** 6 oz. Filet Mignon (\$24) Dinner & drinks for 2:

With a six-foot-two, blond artist on my arm, I wanted to wow her with an impressive downtown lunch spot. I thought of Ric's Grill, with the vaulted ceilings, original wooden support pillars and exposed brick walls of the Metals Building built in 1914.

Beyond the redwood booths and glass décor, the brick walls had been painted an inoffensive gray. I requested a glass of Zonte's Footstep Shiraz Viognier (\$11.15) and noted the em-

On the web

 Get recipes and more great food content at metronews.ca/recipes

phasis given to steak options on the menu. picked one.

I enjoyed the tart, lingering flavour of my wine, served oddly chilled. Our four triangles of plain baguette were layered with four distinct flavours of cheese, but the cheese

bread (\$7) was otherwise uninspiring.

When my entrée was delivered, I sampled both the adequate sautéed vegetables and dry basmati rice pilaf.

However, the luscious, tender 6 oz. filet mignon (\$24) came through. Each bite of succulent beef was enhanced by the smoky bacon and combined beautifully with the persistent viognier.

An amaretto crème brulée (\$8) was a smooth,

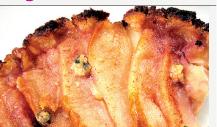
Filet mignon with rice and vegetables (\$24)

sweet endnote to a satisfactory — but not exceptional — meal. There are places that do it better

And the artist hasn't talked to me since the meal.

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/ globalpeasant for a recipe of Thin Pear Tart.



Dining out

TO YOUR HEALTH

HealthFare employs registered dietitians who work with their executive chefto develop their menus and offer precise caloric tallies of each dish. Try the intelligent kiosk to plan the perfect meal for your tastes and body type. HealthFare just opened their second location downtown on Jasper

Avenue at 102 Street.

COOL CAFÉ

Initially started as a bakery cafe, Artisan Resto-Café has evolved into a breakfast. lunch and brunch destination on Whyte. Pick up freshly-baked Artisan breads, while sampling from a large selection of desserts. Try a feature entrée and receive a free cappuccino or latté after the meal. artisanrestocafe.com

In **brief**

GOING ORGANIC en Santé is Alberta's first organic-fruit cottage winery: the Chrapko family have produced organic fruits and wines for over a decade on their family farm north of Vegreville. Try the smooth, sweet and always surprising flavours of raspberry. rhubarb, wild cherry or the mysterious Green Envy at Sherbrooke Liquor Store (11819 St. Albert Trail).



Zaika Indian Bistro

Zaika opened in September 2009, introducing a contemporary Indian bistro to a growing neighbourhood. With a funky, sleek interior, Zaika is welcoming for those seeking a fresh Indian dining experience.

A cozy lounge offers a 20 foot bar and 3 satellite TVs. Always offering a great selection of beer, wine, and cocktails, Zaika is perfect for a drink after work, night out with friends, or a romantic date.

Winter Hours

Monday - Thursday · 11:00 am to 9:00 pm Friday – Saturday · 11:00 am to 10:00 pm Sunday · 12 Noon to 9:00 pm

Daily Buffet

Zaika offers a lunch and dinner buffet 7 days a week. Offering a wide range of dishes, Zaika's buffet is always a great selection.

Lunch Buffet \$12

Monday - Sunday · 11:00 am to 3:30 pm

Dinner Buffet \$17

Monday - Sunday · 5:00 pm to 9:00 pm

2303 Ellwood Drive | Ellerslie Crossroads 780.462.8722 | zaikabistro.com

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Urban Eats runs Thursdays in Metro.



No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes December 30, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.



IF YOU LIKE GETTING BAD NEWS FIRST, <u>WE'VE GOT GOOD NEWS FOR YOU.</u>

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Jon Voight's Christmas wish list

Jon Voight admits that all he wants for Christmas is to meet his one-year-old twin grandchildren, Vivienne and Knox Jolie-Pitt, he tells OK! Magazine. "That will be my Christmas wish," he says. METRO NEWS SERVICES



entertainment 33

Celebrity Buzz



Gaga has 'no

time' for men or

drugs, says friend

TOO MANY BAD ROM-

ANCES? Lady Gaga had

stopped taking drugs and didn't have time

for men by the time she

was 20, her friend has

revealed, as female

Despite her claims to a life of wild partying

and casual sex, the singer's best pal DJ Lady

Starlight claims she was

solely focused on her music when she first

met her at her 20th

birthday party. Starlight said in an interview: "It was obvious even then that Gaga

was going to be famous.

She was incredibly fo-

cused on exactly what

about doing lots of drugs but by the time

we met she had

stopped all that. She

didn't even have time

Lady Starlight, 33, al-

so revealed she and La-

dy Gaga, 23, always ex-

perimented with fash-

ion and tried to create

the wildest stage outfits

though they would of-

ten not last through a

METRO NEWS SERVICES

they could dream up .

"I know she's talked

she wanted to do.

for boyfriends."

first.co.uk reports.

Richie still laid up in bed, but strong enough to type

TWEET RX Although back from the hospital, Nicole Richie says she's still home after a bout with pneumonia. "Right now it's important for me to stay in bed and recover," Richie wrote on her blog.



Celebrity tweets

Kirstie Alley is sympathizing with the birds, Rania Al Ab dullah has some Twilight content suggestions, and Ashton Kutcher is pondering the really big issues.

@kirstie alley GOOD MORNING DECAPITATED TURKEYS...sad but true, this is NOT the season for our gobbler friends to be jolly.

@QueenRania Finally watched New Moon (for my teenage kids' sake, of course). That poor girl, no 1 should hve limited choice between vampire and wolf! Next time they should throw mummies, harpies or ogers in the mix. A girl's

growing the hair out again.



show.

Stars not exactly BFFs off-screen?

KEEP YOUR FRIENDS CLOSE...

The seguel to the Sex and the City movie is in full swing, with production moving to Morocco for seven weeks, but the four stars are only spending time together on-camera, according to the New York Post's Cindy Adams, who says Sarah Jessica Parker and Cynthia Nixon are staying at different hotels.

And while Kristin Davis

and Kim Cattrall are both staying at the Amenjena Hotel, they're avoiding each other as well after shooting is done for the day, even dining separately in the hotel restaurant.

METRO WORLD NEWS









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J.Lo opens up about her infamous AMA tumble

NOW IT'S JUST HER JOKES FALLING FLAT Jennifer Lopez is taking her tumble onstage at the American Music Awards in stride, joking with Ryan Seacrest on his radio show that it was completely intentional.

"Did I trip a little bit?" she laughs. "Yeah, I meant to do that. That was part of the choreography." On the serious side. Lopez is keeping

dent. "the measure of things isn't what happens when you fall, it's how you re-cover," she

METRO

WORLD NEWS

Demi's cover photo mystery deepens

SURGERY The scandal brewing over whether Demi Moore's photo on the cover of W was doctored has reached a new level. The blog Pop Culture Madness has uncovered evidence that they claim proves Moore's head was simply attached to the body of 26year-old model Anja Rubik. Moore, who was vocal about the scandal before via her Twitter account, has vet to address the latest claims.

WORLD NEWS

Lambert answers his critics

SO WHAT? HE'S STILL A ROCK STAR Adam Lambert knows that, as a performer with an overthe-top stage act, audi-ences are going to love him or hate him - and he's fine with either, people.com reports.

"I could be some-body's role model, but on the flip side I could somebody's worst nightmare at the same time," the singer, 27

tells Popeater. "You never know how you're going to affect people, being in this posi-



Twilight star says he was bullied at school

REVENGE OF THE NERD Taylor Lautner was bullied at school over his love for acting, femalefirst.co.uk ports.

The star has catapulted to fame playing Jacob in the vampire-versuswerewolves film franchise, but he admits life was difficult as a drama nerd.

He tells Rolling Stone magazine, "I was never extremely confident. Because I

was an actor when I was in school there was a little bullying going on. METRO WORLD NEWS

34 entertainment





Friday 1 c / -5

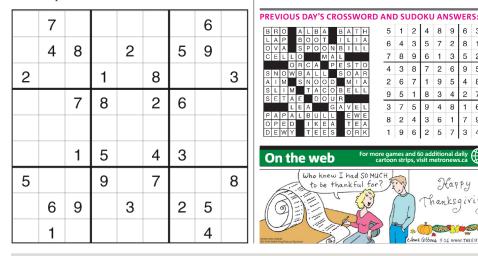
Saturday 0°/-7°

Take Five

15 16 20 22 32 33 42 54 56 57 59

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



1 Pouch 4 Crooner Perry 8 Cribbage scorekeepers 12 Berlin's "What'll

13 Paper quantity 14 Bound 15 Trade

__ mater 18 Central 19 Israeli parliament

21 Toxic hydrocarbon 24 Perched 25 Toss in

26 Uncle, south of the border 28 Sounds from grandfather? 32 Crv

34 Saloon 36 Scoop holder 37 Twangy 39 Beam of light

41 Culpa preced-42 Clampett patriarch 44 Cyclist's protection 46 A, C or E 50 Mermaid's realm

51 Grad 52 Shared 56 Actress Sorvino

57 Duel tool 58 Conk out 59 Nerd-pack contents 60 Stitched

together

matter

1 Bracketed word 2 Commotion 3 Low chest of drawers 4 One way to pay _ the fields we go" 6 Big name in trucks 7 Portents 8 Barbie's make-

9 Morays, e.g. 10 Ready for ac-

5 1 2

4 3 5 7 2 8

8 9 6 1 3 5 2 4

3 8 2 6 9

5

9 6 2 5

2 6 7

3 7 5

8 2 4 11 Lovers' quarrel 16 Blend

20 Chow down 21 Sunrise 22 Notion

23 Pinch 27 " Town"

29 Shock trooper 30 Dandling site 31 Chair part 33 Nightwear

35 "Humbug!" 38 Moon vehicle 61 Mined-over 40 Sycophants

43 Chops into cubes 45 Romanian

money 46 Temptress

47 Nastase of tennis 48 Swerve

49 "Unh-unh" 53 Kitten's comment

54 Balloon fill 55 Novelist Harp-

4 8 9 6 3 7

3 6 1 7 9 5

Happy

hanksgiving

4 11-26 WWW.THESIKCHIK.COM

al daily

4 8 3

6 2

1 9 5

3 4

9 4 8

Metro Recipe of the Day

Tomato & Basil Salad

Submitted by Irene Leung, Port Dover, ON

INGREDIENTS:

5 tomatoes or a combination of cherry and regular tomatoes 10 tablespoons of chopped

fresh basil 2 small red onions or shal-

lots 1 cup of mini bocconcini

cheese balls 4 tablespoons of good quality balsamic vinegar 7 tablespoons of extra virgin olive oil

METHOD:

1. Wash and dice tomatoes

2. Chop fresh herbs

3. Peel and dice onions 4. Combine vinegar, oil, and basil and toss to taste

in a large non-reactive bowl 5. Add tomatoes, shallots, bocconcini cheese and

toss to coat 6. Serve right away, or let the dish sit for about an hour in the fridge to marry the flavours

SERVES 2

PREP TIME: 10 MINUTES COOK TIME: 0 MINUTES



20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at 20minute

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES MARCH 21-APRIL 20

Someone you meet over the next 24 hours will inspire you creatively and maybe romantically too.

LIBRA **SEPT 23-OCT 23**

Although you may be willing to change your plans to help a friend in need you must not think you are obliged to do so.

TAURUS

APRIL 21-MAY 21
What someone tells you today might sound like good advice but the chances are they are thinking more about themselves than about you.

SCORPIO OCT 24-NOV 22

Make out that you are not really bothered what loved ones are up to today, even though you may be angry because they did not consult you first.

GEMINI

MAY 22-JUNE 21 No matter how much you have planned ahead there will be disruptions today and you are likely to get annoyed with people who let you down.

On the web

Who knew I had SO MUCH

to be thankful for?

SAGITTARIUS NOV 23-DEC 21

The journey you have embarked on may be long and there may be no guarantees. but there is little doubt that you will get there.

CANCER

JUNE 22-JULY 22 You seem to be in two minds about whether to push ahead with something you know is right for you but may be wrong for other people.

CAPRICORN DEC 22-IAN 20

Don't plan too far ahead today because even routine matters are likely to change. Your time will come, maybe not today but soon.

LEO JULY 23-AUG 23

Someone you are fond of has got themselves into a lot of unnecessary trouble. Be sympathetic but make sure they learn from it too.

AQUARIUS

JAN 21-FEB 18 According to the planets you are about to discover that your sympathy for someone you thought was in trouble was misplaced to say the least.

VIRGO

AUG 24-SEPT 22 Don't be afraid to disagree with someone in a higher position today because if you don't they will make other demands you find difficult to accept.

PISCES

FEB 19-MARCH 20

Nothing negative is going to happen today, so don't let your imagination run riot.



This day in history

1789: A national Thanksgiving Day is observed in the United States as recommended by George Washington. 1842: The University of Notre Dame is founded.

1922: Howard Carter and Lord Carnaryon become the first people to enter the tomb of Pharaoh Tutankhamun in over 3000 years. 1998: Tony Blair becomes the first Prime Minister of the U.K. to ad-

dress the Republic of Ireland's parliament. 2008: Ten co-ordinated attacks by Pakistan-based terrorists kill 164 and injure more than 250 in Mumbai, India.

METRO NEWS SERVICES



Mediterranean Shepherd's Pie

INGREDIENTS

15 ml (1 tbsp) olive oil 2 medium onions, chopped

- 1.5 kg (3 lb) ground lamb 2 ml (1/2 tsp) salt 2 ml (1/2 tsp) cracked black pepper
- 3 cloves garlic, minced 30 ml (2 tbsp) tomato paste
- 125 ml (1/2 cup) red wine 125 ml (1/2 cup) chicken broth
- 1 can (796 ml/28 oz) diced tomatoes
- 1 sprig fresh rosemary 125 ml (1/2 cup) chopped kalamata olives 50 ml (1/4 cup) chopped fresh parsley
- Polenta 750 ml (3 cups) water 500 ml (2 cups) ground polenta
- 750 ml (3 cups) cold milk 5 ml (1 tsp) salt 250 ml (1 cup) fresh grated Parmesan cheese 30 ml (2 tbsp) butter

METHOD:

- 1) Preheat oven to 190 C (375 F).
- 2) In a large deep skillet, heat oil over medium-high

Metro Recipes of the Day





Mediterranean Shepherd's pie, left, with ground lamb, olives and crumbled feta, right, Brewed Beef with Root Vegetables.

3) Add onions and cook. stirring often, until tender and golden, about 10 minutes.

4) Add lamb and cook. breaking up pieces with the back of a spoon, until browned and no pink remains, about 10 minutes. 5) Drain any fat; season with salt and pepper. Add garlic and tomato paste and cook for 1 minute. Add wine and simmer until it is reduced by half. 7) Add broth, tomatoes and rosemary. Adjust heat to maintain a simmer, stirring occasionally until sauce thickens and coats meat, about 15 minutes. 8) Remove from heat. Stir in olives and parsley. Meanwhile, in a large saucepan over high heat, bring water to a boil. 9) Stir in polenta, milk and salt, stirring constantly, until smooth and polenta begins to thicken, about 15 minutes. 10) Reduce heat to medium and cook until polenta begins to bubble and pop, about 10 minutes.

11) Reduce heat to low. stir in Parmesan and butter, continuing to stir until polenta pulls away from sides of the pan, about 10 minutes. 12) To assemble: Spread lamb filling into a 3-1 (9by-13-inch) baking dish. 13) Drop large spoonfuls of polenta evenly over surface of lamb and gently

14) Bake for 30 to 40 minutes until polenta is golden and filling is bubbling around edges. Let cool for

spread to get an even lay-

10 minutes before serving.

MAKES 10-12 SERVINGS

Brewed Beef with Root Vegetables

INGREDIENTS:

2 slices bacon, finely diced 500 g (1 lb) beef blade or cross rib simmering steak, cut into quarters Salt and pepper, to taste 2 cloves garlic, minced 4 medium onions, thinly 30 ml (2 tbsp) all-purpose flour

10 ml (2 tsp) white wine

Take Five

2 ml (1/2 tsp) granulated sugar

5 ml (1 tsp) dried thyme 1 can (284 ml) undiluted beef broth

1 bottle (341 ml) beer Bay leaves

Roasted Root Vegetables

1)In Dutch oven or stockpot, cook bacon over medium-high heat until crisp; transfer to slow cooker.

2) Season steak with salt and pepper; brown in bacon drippings in Dutch oven and transfer to slow cooker

3) Add garlic and onions to Dutch oven; cook over medium heat for 10 minutes, stirring occasionally. 4) Stir in flour; cook for 1 minute.

5) Add vinegar, sugar, thyme, beef broth, beer and bay leaves; bring to a simmer.

6) Pour over beef in slow cooker. Cover and slow cook on low for 8 hours or until fork-tender.

7) Serve with Roasted Root Vegetables.

MAKES 4 SERVINGS

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